

# The FA Youth Award Fact Sheet

## What is The FA Youth Award?

The FA Youth Award is a groundbreaking course for coaches working in youth football. The course is split into three modules and an introductory module:

- The Introductory Module
- Module One – Developing the Environment
- Module Two – Developing the Practice
- Module Three – Developing the Player

The FA Youth Award helps coaches to understand their players as much as they understand the game. This is achieved by looking at:

- What motivates young people to play football
- How to build their self esteem
- Managing differences in age, experience, ability and attitude
- Creating the right environment for young people to learn
- Strategies for managing mistakes
- Tailoring practice sessions according to age, ability, experience and maturity

## Who is it for?

The FA Youth Award is mainly for football coaches who work with the younger players. It will also benefit anyone who works with young people – teachers, parents, referees, sports psychologists etc as many of the issues are generic and apply to all players regardless of their age and ability.

**Introductory Module** is for coaches with a qualified teacher status and successful completion can serve as an entry point to Module One. Coaches with a Level One certificate in Coaching Football can go straight to Module One without taking the Introductory Module.

**Module One** is for all coaches with a Level One Certificate in Coaching Football – elite coaches, grassroots coaches, PE teachers and parents have all found this module beneficial.

**Module Two\*** focuses on developing practice sessions which are appropriate for young players of different ages, abilities and with different experience levels. This is more suited to coaches who want to develop their knowledge further.

Centre of Excellence / Academy coaches as well as committed grassroots coaches have found this further area of study useful.

\*Candidates will need to have completed Module One before they can enrol.

**Module Three\*** will be launched next year

\*Candidates will need to have completed Module Two to enrol.

### **Will it benefit me if I coach children aged X?**

The content on all modules is relevant for coaches working with young players of any age (5+)  
Some content can also be applied to adult football.

### **What is involved?**

The Introductory module is a one day course. Modules One, Two and Three last 4 days (32 hours)  
All modules are made up of both classroom theory sessions and practical pitch sessions.

The Module One is non-assessed and the Module Two includes a formative assessment (you will prepare and deliver a practical session and feedback will be given – it is not pass or fail). However, Module Three includes a summative assessment (you can be deemed competent or not yet competent and invited for reassessment)

#### Introductory module

- Movement skills incorporating Agility, Balance & Co-ordination
- How technique can be used to help players perform a skill
- Use appropriate games to grow players understanding of football
- Manage difference in our groups
- Modify games to have an effect upon an individual's technical needs
- Understand different ways of learning & how to include in a coaching session

#### Module One – Developing the Environment

- The importance of the social corner and how it links with the 4 corners.
- How players learn
- Motivation
- Self-Esteem
- Managing Mistakes
- Managing Physical, Technical, Social and Psychological Difference
- Planning Activity

#### Module Two – Developing the Practice

- Balance & proprioception
- The reason for practice & training
- Growth & development of young players
- Motor control
- The risk of overuse Injuries in young players
- Learning the game
- Developing skills for the game
- Types of practice
- Warm ups
- Structuring practice
- Maturity
- Age
- Incorporating goalkeepers into your session
- Player snapshots

### **I've just done Module One, when should I do Module Two?**

We'd recommend waiting 6 months in between each module. This will give you chance to put what you have learnt from the previous module into practice – and get used to the techniques suggested.

### **How is it different the Level 1,2,3 Certificate in Coaching courses?**

The FA Youth Award asks the coach to consider how successful they are in meeting the needs of the developing young player. This theory is then converted into practical sessions that demonstrate how the coach might structure practice to maximum effect.

### **How does it fit in with the other coaching qualifications?**

The FA Youth Award is an alternative pathway to the traditional Level 1,2,3 certificate in coaching football.

You either need to have a Level 1 qualification or be a qualified teacher who has completed The FA Youth Award Introductory Module to enrol on The FA Youth Award Module One.

For the latest coaching pathway visit [TheFA.com/FALearning](http://TheFA.com/FALearning)

### **Is it any good?**

The feedback so far has been very positive. Comments from coaches, both at elite and grassroots level, have mentioned how useful the information and practical sessions have been to their overall development and understanding of the young player. As more and more coaches complete these innovative new awards it is hoped that the coaching of our young players will continue to improve.